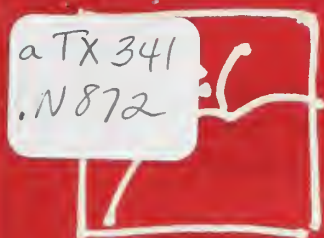


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



Nutri - Topics

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705

Consumer

ISSN: 1053-887
92-C2

Food Composition

Books and Miscellaneous Publications (in order by year)

Bowes and Church's Food Values of Portions Commonly Used. 16th ed. Jean A.T. Pennington. Philadelphia, PA: Lippincott. 1992.

Encyclopedia of Food Values. Connie T. Netzer. New York, NY: Dell Publishing. 1992. 805 pp.

The Complete Book of Food Counts. 2nd ed. Corinne T. Netzer. New York, NY: Dell Publishing. 1991. 616 pp.

The Complete Revised and Updated Fast-Food Guide: What's Good, What's Bad, and How to Tell the Difference. Michael Jacobson and Sarah Fritschner. New York, NY: Workman Pub. 1991. 333 pp.

Convenience Food Facts: Help for Planning Quick, Healthy, and Convenient Meals. 3rd ed. Arlene Monk and Marion J. Franz. Minneapolis, MN: International Diabetes Center. 1991. 457 pp.

Fast Foods: Eating In and Eating Out. Monte Florman and Marjorie Florman. Mount Vernon, NY: Consumers Union. 1990. 326 pp.

Fast Food Facts: Nutritive and Exchange Values for Fast-Food Restaurants. Marion J. Franz. Wayzata, MN: Diabetes Center. 1987. 54 pp.

The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Magazine Articles (in alphabetical order)

"Candy is candy is candy." Bonnie Liebman. *Nutrition Action Health Letter*, 9 (3): 14-15. 1982.

"Cereal: breakfast food or nutritional supplement?" *Consumer Reports*, 54 (10): 638-643. 1989.

"Meat." L.P. Easley. *Harvard Health Letter*, 16 (5): 1-4. 1991.

"More than 100 frozen dinners worth heating." *Tufts University Diet & Nutrition Letter*, 8 (2): 3-6. 1990.

"Shelf-stable meals: cans in drag." J. Hurley and S. Schmidt. *Nutrition Action Health Letter*, 17 (1): 10-11. 1990.

"Where's the fat?" *Consumer Reports*, 55 (3): 158-159. 1990.

"Yogurt: diet food or dessert?" *Consumer Reports*, 56 (5): 323-325. 1991.

U.S. Government Publications (in alphabetical order)

Calories and Your Weight: The USDA Pocket Guide. Rev. U.S. Dept. of Agriculture. Agriculture Information Bulletin. No. 364. 1990. 114 pp.

Microcomputer Software Collection. Natalie Updegrove. Beltsville, MD: National Agricultural Library. December 1992. 58 pp.

Nutritive Value of Foods. Rev. U.S. Dept. of Agriculture. Home and Garden Bulletin No. 72. 1991. 72 pp.

The Sodium Content of Your Food. U.S. Dept. of Agriculture. Home and Garden Bulletin No. 233. Rev. 1983. 43 pp.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department	Nutritionist
County or State Extension Service	Home Economist
Hospital.....	Dietitian

College or University
Dept. of Home Economics,
Dietetics, Food Science or Nutrition Instructor

National Contacts

Food and Nutrition Information Center, National Agricultural Library, USDA,
10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 504-5719.

Food companies, grocery chains, and restaurant franchises - contact the companies
consumer affairs department concerning nutrient and caloric content of their
products. Check food labels for addresses.

National Center for Nutrition and Dietetics, American Dietetic Association, 216 W.
Jackson Blvd., Suite 800, Chicago, IL 60606-6995. 1-800-366-1655.

Acknowledgements are made to the following reviewers:

- Grace J. Petot, M.S. Case Western Reserve University, Dept. of Nutrition.
- Phyllis Stumbo, Ph.D. Clinical Research Center, University of Iowa.
- Gary Beecher, Ph.D. USDA-ARS, Nutrient Composition Lab.

This *Nutri-Topics* was compiled by David B. Haytowitz
Nutritionist, Human Nutrition Information Service

1992

Nutri-Topics
Nutrition and Dental Health
Consumer

Abstract: This publication is a short bibliography for individuals who do not have a nutrition background. It has been reviewed by three experts in the field of dental health. The list includes pamphlets, magazine articles, and contacts for more information. Printed materials are available through local and national agencies.

Nutri-Topics
Nutrition and Dental Health
Educator

Abstract: This publication is a short bibliography for individuals who teach and/or have some nutrition background. It has been reviewed by three experts. The list includes the following: journal articles, books, pamphlets, booklets, videocassettes, and organizations to contact.

Nutri-Topics
Nutrition and Dental Health
Health Professional/Researcher

Abstract: This publication is a short, peer-reviewed bibliography for individuals with extensive background in nutrition/health who are looking for original research or review articles. The list includes: journal articles, book chapters, books, local and national contacts for more information.

